

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the Application:

**Listing of Claims:**

1. (Currently Amended) A sun visor ~~(1) which can be opened out in the interior of a motor~~ for a vehicle interior, comprising: a body having a flat side that is movable from a non-used position into to an anti-glare position and which can be pivoted from a first, essentially frontal anti-glare position (position A) into to a second, essentially lateral anti-glare position, (position B), characterized in that wherein the sun visor body (2) is guided by ~~means of~~ a guide device (3) in such a manner that, in each the first anti-glare position and the second anti-glare position, the same flat side of the ~~sun visor~~ body faces the vehicle interior.

2. (Currently Amended) The sun visor ~~as claimed in of~~ claim 1, ~~characterized in that the sun visor wherein the~~ body (2) is guided pivotably from the first ~~into to~~ the second anti-glare position, ~~on the one hand,~~ via a rail guide (5), which is arranged on ~~the a~~ roof lining (4) of the vehicle interior, and, ~~on the other hand,~~ via an articulated arm (12) arranged rotatably coupled to both on the roof lining and ~~on~~ the sun visor body.

3. (Currently Amended) The sun visor ~~as claimed in of~~ claim 2, ~~characterized in that wherein~~ the articulated arm (12) comprises two bent ~~half arms portions that are configured to~~ (13), (14) which, when the sun visor (1) is opened out from the non-used position ~~into the frontal anti-glare position,~~ can be rotated in relation to each other about an essentially a substantially horizontal axis of rotation (22).

4. (Currently Amended) The sun visor ~~as claimed in of~~ claim 3, ~~characterized in that wherein~~ the half two bent arms portions further comprise (13), (14) have two limbs (20), (21) portions which can be inserted rotatably one inside the other.

5. (Currently Amended) The sun visor ~~as claimed in~~ of claim 3 ~~or 4~~, characterized in that ~~wherein one of the first half bent arm portions (20) for pivoting the sun visor body (2) from the first into the second anti-glare position is mounted rotatably about an essentially a substantially vertical first axis of rotation (16) in the roof lining, and the second half other of the bent arm portions (21) is mounted rotatably about an a second vertical axis of rotation in the body (19), which is offset substantially parallel to the first vertical axis of rotation (16), in the sun visor body.~~

6. (Currently Amended) The sun visor ~~as claimed in one of claims 2 to 5~~, characterized in that of claim 2, wherein the articulated arm (12) can be latched releasably by means of a latching device (24) to the sun visor body (2) situated in the first, frontal anti-glare position.

7. (Currently Amended) The sun visor ~~as claimed in one of claims 2 to 6~~, characterized in that of claim 2 wherein the rail guide (5) ~~has~~ comprises a guide rail (5a), which is fastened to the roof lining and is arranged horizontally ~~essentially transversely with respect to the direction of travel~~, and a slider (6) which is fastened to the sun visor body (2).

8. (Currently Amended) The sun visor ~~as claimed in~~ of claim 7, characterized in that wherein the slider (6) ~~is provided with~~ comprises a bent arm piece (7) which, ~~when the sun visor body (2) is pivoted from the first into the second anti-glare position, can be rotated is rotatable~~ about an axis of rotation (9) which is ~~essentially~~ substantially vertical with respect to the guide rail (5a).

9. (Currently Amended) The sun visor ~~as claimed in~~ of claim 8, ~~characterized in that the sun visor wherein the body (2) can be opened out is movable~~ from the non-used position ~~into~~ to the frontal anti-glare position about ~~an essentially~~ a substantially horizontal ~~limb (10) portion of the bent arm piece (7).~~

10. (Currently Amended) The sun visor ~~as claimed in~~ of claim 9, ~~characterized in that wherein~~ the bent arm piece (7) and the articulated arm (12) are in operative connection in such a manner that the sun visor body (2) can only be ~~opened out~~ moved from the non-used position ~~into an~~ to one of the anti-glare positions if a substantially horizontal section of each bent arm portion ~~the horizontal limbs (15), (18) of the articulated arm (12), on the one hand, and the horizontal limb (10) of and the horizontal portion of the bent arm piece (7), on the other hand,~~ are aligned with one another.

11. (Currently Amended) The sun visor ~~as claimed in one of claims 2 to 10,~~ ~~characterized by~~ of claim 2, further comprising a locking device (27) ~~which acts in the a region of disposed proximate~~ the horizontal limb (10) portion of the bent arm piece (7) and configured to releasably retain ~~retains~~ the sun visor body (2) ~~in particular~~ in the non-used position.

12. (Currently Amended) The sun visor ~~as claimed in~~ of claim 1, ~~characterized in that the sun visor wherein~~ the body (2) is guided pivotably from the first ~~into~~ frontal anti-glare position to the second lateral anti-glare position ~~via~~ by a pair of articulated arms (30), (31) forming a four bar linkage, with axes of rotation (33), (34), (35), (36) ~~which are essentially~~ substantially vertical with respect to the roof lining (4).

13. (Currently Amended) The sun visor ~~as claimed in~~ of claim 12, ~~characterized in that wherein~~ the pair of articulated arms (30), (31) ~~on the sun visor~~ are mounted rotatably in an articulated block (32), ~~in which the sun visor body (2), for its part, is arranged in a manner such so that it~~ the body can be ~~opened out~~ moved about an ~~essentially~~ a substantially horizontal spindle piece (37) ~~to open it out from the non-used position into an~~ one of the anti-glare positions.

14. (Currently Amended) The sun visor ~~as claimed in~~ of claim 13, ~~characterized by further comprising~~ a locking device (27) ~~which acts in the region of disposed proximate~~ the horizontal spindle piece (37) and configured to releasably retain ~~retains~~ the sun visor body (2) ~~in particular~~ in the non-used position.

15. (Currently Amended) The sun visor ~~as claimed in one of claims 12 to 14,~~  
~~characterized in that~~ of claim 12 wherein the articulated arms (30), (31) are in contact in at  
least one of the first and/or second anti-glare position so as to form an end stop.

16. (Currently Amended) The sun visor ~~as claimed in~~ of claim 15, characterized  
by further comprising a latching device (39) acting between the articulated arms (30), (31) in  
~~the region of~~ proximate the end stop.

17. (Currently Amended) The sun visor ~~as claimed in one of claims 12 to 16,~~  
~~characterized in that~~ of claim 12, wherein at least one joint of the four bar linkage ~~can be~~  
~~overstretched in the manner of a toggle lever, overcoming a dead center position (38), in~~  
order is configured as an over-center device to lock the sun visor body (2) in at least one of  
the first and/or second anti-glare position.

18. (New) A sun visor for a vehicle, comprising:  
a body portion;

a first arm member having a first portion configured for rotatably coupling to the  
vehicle about a first axis and a second portion rotatably coupled to the body about a second  
axis, the first portion and the second portion coupled together for rotation about a third axis;

a second arm member having a first end configured for rotatably coupling to the  
vehicle about a fourth axis and having a second end rotatably coupled to the body about a  
fifth axis;

so that the body is movable between a nonuse position substantially along a roof  
lining of the vehicle and a plurality of use positions between a windshield and a side window  
of the vehicle.

19. (New) The sun visor of claim 18, wherein the first axis and the second axis  
and the fourth axis are substantially parallel.

20. (New) The sun visor of claim 18, wherein the third axis and the fifth axis  
share a substantially common axis.

21. (New) The sun visor of claim 18, wherein the first end of the second arm member is coupled to a guide rail for translational and rotational movement along the guide rail to position the body in at least one of the plurality of use positions.

22. (New) A sun visor for a vehicle, comprising:  
a body panel;  
a first block configured to couple to the vehicle;  
a second block configured to couple to the body panel;  
a first linkage rotatably coupled to the first block and the second block;  
a second linkage rotatably coupled to the first block and the second block;  
so that the first block and the second block and the first linkage and the second linkage are configured as a four bar linkage for movement of the body panel between a nonuse position substantially along a roof lining of the vehicle and a plurality of use positions between a windshield and a side window of the vehicle.

23. (New) The sun visor of claim 22, wherein the second block further comprises a spindle for movement of the body panel about a substantially horizontal axis.

24. (New) The sun visor of claim 22, wherein first and second ends of the first linkage and the second linkage are rotatable about substantially vertical axes.

25. (New) The sun visor of claim 22, wherein the first linkage and the second linkage are configured as an over-center device.